

SEASONABLE DISHES

RECIPES THAT WILL TEMPT COLD-WEATHER APPETITES.

Well Liked, and Easily Prepared is Beefsteak Broth—Proper Way to Boil Rice—Making Pork Apple Pie.

Warm Gingerbread.—Put one cup of sugar, molasses, butter, and sour milk into a bowl. Add three well beaten eggs and four and one-half cups of flour sifted with a level tablespoon of ginger, a level teaspoon of salt, and the same of cinnamon. Beat well and bake in a shallow pan. Serve by cutting through the crust with a sharp knife and then breaking apart.

Beefsteak Roll.—Cut two small slices from the top of the round and half an inch thick. Melt a rounding tablespoon of butter, add one small onion minced fine, and cook five minutes. Dredge the meat lightly with flour and brown in the butter one slice at a time until well seared. Take up the meat and add one-quarter cup of bread crumbs and one tablespoon of chopped canned mushrooms, a seasoning of salt, pepper, and thyme or rosemary. Spread over the steak, roll up and tie with strong thread. Put in a casserole or covered baking dish and add water to half cover the meat. Put on the cover and cook about one hour or until the meat is tender. Take up the meat and thicken the gravy, add one-half cup of mushrooms and pour over the meat.

Onion Salad.—Cook some Spanish onions in boiling water until tender but not soft enough to break apart. While they are cooking change the water three times, always replenishing with water that is boiling. Set away to chill well, then serve on lettuce leaves and cover or mask each onion with mayonnaise dressing.

Correct Way to Boil Rice.—To cook rice so that the grains will separate, use plenty of water in cooking and have the water boil rapidly. Put a teaspoon of salt into six or eight cups of boiling water and add one cup of well washed rice. Cook for a few minutes by placing the saucepan directly on the range and stir occasionally with a fork and not with a spoon, which will break the grains. Set the pan into another of boiling water, cover and cook about 20 minutes. Drain off all the water and set the pan uncovered back into the hot water and leave the cover off, but lay a piece of cheese cloth doubled over the top. Let the water continue to boil in the under pan for ten minutes, when the rice will be soft, dry, and the grains will separate.

Cream Biscuit.—Sift two cups of flour with four level teaspoons of baking powder, a saltspoon of salt, and a level teaspoon of sugar. Rub in one-quarter cup of butter and mix with six tablespoons of sour milk and two tablespoons of cold water to which has been added one-eighth of a level teaspoon of soda, which is the same as a saltspoonful. Roll out, cut in rounds, and bake.

Pork Apple Pie.—Line a small baking pan with good paste, fill with pared and sliced apples according to the sourness of the apple. Cut two slices from a pound piece of salt pork, and cut these into shavings and spread over the pie. Dust on about three dashes of white pepper and not more, cover with paste, and bake. Serve when partly cool.

Housework Promotes Health. A busy woman has made the satisfactory discovery that her housework provides her with all the physical culture she needs for securing health and good looks.

She enlarges her chest and arms by using a carpet-sweeper, strengthens her back by bed-making, and improves the shape of her wrists and hands by making pastry.

In her opinion, the hardest work—that which makes the worker pant—strengthens the lungs, but to aid this result it is necessary to breathe deeply and inhale pure air. To get the fullest benefit from her housework however, a woman should rest for an hour each day. This is the best remedy for faded nerves and wrinkles.

Copper Kettles. A copper kettle should be rubbed with a cut lemon dipped in powdered Bath brick. When all the stains have disappeared it should be washed with warm soapy water, and finally polished with a soft cloth and powdered Bath brick.

He Seldom. Little Walter was told to write a composition containing the word "seldom." He puzzled hard over the problem for some time, but at last he found a solution, and this is what he handed up to the teacher: "My father owned some horses, but last week he seldom."

"De man dat has actually done gumpin'," said Uncle Eben, "hab a right to brag a little bit. But I ain't got no patience at all wif de man dat brags bout what he's swinter do."

BLOATED WITH DROPSY.

The Heart Was Badly Affected When the Patient Began Using Doan's Kidney Pills.

Mrs. Elizabeth Maxwell, of 415 West Fourth street, Olympia, Wash., says:

"For over three years I suffered with a dropsical condition without being aware that it was due to kidney trouble. The early stages were principally back-ache and bearing down pain, but I went along without worrying much until dropsy set in. My feet and ankles swelled up, my hands puffed and became so tense I could hardly close them. I had great difficulty in breathing, and my heart would flutter with the least exertion. I could not walk far without stopping again and again to rest. Since using four boxes of Doan's Kidney Pills the bloating has gone down and the feelings of distress have disappeared."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Most Youthful Professor. The youngest professor in the eastern states is William T. Foster, professor of English at Bowdoin college. He supported himself from a very small child, educated himself and at the age of 17 had saved enough money to start to college, when he found that he could not enter because he had never studied Latin. He was told he must have two months of Latin and it was just two months till the time he had planned to enter Harvard. He was not dismayed. He sought assistance, devoted the two months to overcoming the obstacle—and in September successfully passed his examination and entered college.

Safe, Sure and Speedy. No external remedy ever yet devised has so fully and unquestionably met these three prime conditions as successfully as Allcock's Plasters. They are safe because they contain no deleterious drugs and are manufactured upon scientific principles of medicine. They are sure because nothing goes into them except ingredients which are exactly adapted to the purposes for which a plaster is required. They are speedy in their action because their medicinal qualities go right to their work of relieving pain and restoring the natural and healthy performance of the functions of muscles, nerves and skin.

Allcock's Plasters are the original and genuine porous plasters and like most meritorious articles have been extensively imitated, therefore always make sure and get the genuine.

New York Philanthropist. Dr. Adelaide Wallerstein, rich, young and handsome, has turned part of her elegant New York home into a physician's office. Here she devotes about six hours a day to practicing medicine, all the income so derived going to her charity work on the east side of the city. Mrs. Wallerstein is accomplished and socially prominent, but has given up most of her society pleasures for her professional and charitable work.

WIFE OF OHIO, CITY OF TOLEDO, O. FRANK J. CHENEY makes oath that he is senior partner of the firm of F. J. CHENEY & CO., doing business in the City of Toledo, County and State of Ohio, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every use of CATARRH CURE that cannot be cured by the use of HALL'S CATARRH CURE.

FRANK J. CHENEY. Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1907. A. W. GLEASON, Notary Public. Hall's Catarrh Cure is taken internally and acts directly on the blood and mucous surfaces of the system. Send for testimonials free. F. J. CHENEY & CO., Toledo, O. Sold by all Druggists. Take Hall's Family Pills for constipation.

Knows Whom He Can Trust. Police Commissioner Bingham has learned one important fact that will be of aid to him in his official career. When he desires to get the exact facts about some large question that is to the front in New York city he calls in the newspaper reporters located at police headquarters and has a heart-to-heart talk. As one of them says: "He gets it straight, and so straight that not all the men of the force can fool him on that one point."

Acquiesce in the present without repining, remember the past with thankfulness, and meet the future hopefully and cheerfully, without fear or suspicion.—Diogenes.

STIFFNESS, STITCHES, LAMENESS, CRAMP, TWISTS AND TWITCHES, ALL DEPART WHEN YOU APPLY

ST. JACOBS OIL

No more or failures made with PUTNAM FADELESS DYES; bright, beautiful colors a certainty.

Some men can't even do their duty without making a fuss about it.

Mrs. Winston's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Each wrinkle on a woman's brow represents an experience.

FILES CURED IN 6 TO 14 DAYS. PAZO OINTMENT is guaranteed to cure any case of itching, blind, bleeding or protruding files in 6 to 14 days or money refunded. 50c.

Nothing hurts a concealed man like being ignored.

Lewis' Single Binder Cigar has a rich taste. Your dealer or Lewis' Factory, Peoria, Ill.

A woman would rather do things to worry a rival than to afford herself pleasure.

Take Garfield Tea, the Natural Laxative, for constipation, indigestion, liver and kidney derangements, and colds. It is made of Herbs. Guaranteed under the Pure Food Law.

We frequently fall into error and folly, not because the true principles of action are not known, but because for the time they are not remembered.

FITS, St. Vitus Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for Free \$2.00 trial bottle and treatise. Dr. R. H. Kline, Ltd., 931 Arch St., Philadelphia, Pa.

We daily influence each other for good or evil. Let us not be the occasion of misleading others by our silence when we ought to speak.—J. H. Newman.

ALMOST A SOLID SORE.

Skin Disease from Birth—Fortune Spent on Her Without Benefit—Cured Her with Cuticura.

"I have a cousin in Rockingham Co. who once had a skin disease from her birth until she was six years of age. Her father had spent a fortune on her to get her cured and none of the treatments did her any good. Old Dr. G— suggested that he try the Cuticura Remedies which he did. When he commenced to use it the child was almost a solid scab. He had used it about two months and the child was well. I was there when they commenced to use your Cuticura Remedies. I stayed that week and then returned home and stayed two weeks and then went back and stayed with them two weeks longer, and when I went home I could hardly believe she was the same child. Her skin was as soft as a baby's without a scar on it. I have not seen her in seventeen years, but I have heard from her and the last time I heard from her she was well. Mrs. W. P. Ingie, Burlington, N. C., June 16, 1905."

Footballer Showed Courage. H. J. Henebry, Ireland's Rugby full back, played the other day for 70 minutes against the South Africans while suffering from a split ear, damaged skull, broken middle finger, on left hand, strained chest, muscles and torn finger cartilages. He received the injuries in a tackle ten minutes after the game began.

Whine from Henry James. Henry James, pursuing his theme, "The Speech of American Women," speaks of a group of Boston young women, "all articulating as from sore mouths, all mumbling and whining and vocally limping and shuffling as it were together." He compares, also to its great disadvantage, a school where parents pay so much not to have their boys taught to speak as gentlemen, with one "beyond the sea, in which the proviso that the schoolmaster shall speak as a gentleman is so absolutely vital."

DODD'S KIDNEY PILLS

STIFFNESS, STITCHES, LAMENESS, CRAMP, TWISTS AND TWITCHES, ALL DEPART WHEN YOU APPLY

ST. JACOBS OIL

CASTORIA

For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

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In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

900 DROPS

Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

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Pumpkin Seed—
Sulphate of Soda—
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Sulphate of Soda—
Sulphate of Iron—
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A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac Simile Signature of
Dr. H. H. Fletcher
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At 6 months old—
35 DROPS—35 CENTS

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The Circulation Stimulated and the Muscles and Joints lubricated by using

Sloan's Liniment

Price 25c 50c & \$1.00
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A Positive CATARRH CURE

Ely's Cream Balm

Is quickly absorbed. Gives Relief at Once.

It cleanses, soothes, heals and protects the diseased membrane. It cures Catarrh and drives away a Cold in the Head quickly. Restores the Senses of Taste and Smell. Full size 50 cts., at Druggists or by mail; Trial Size 10 cts. by mail. Ely Brothers, 56 Warren Street, New York.

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FARMS IN WESTERN CANADA FREE

The testimony of thousands during the past year is that the Canadian West is the best West. Year by year the agricultural returns have increased in volume and in value, and still the Canadian Government offers 100 acres FREE to every bona fide settler.

The phenomenal increase in railway mileage—main lines and branches—has put almost every portion of the country within easy reach of churches, schools, markets, cheap fuel and every modern convenience.

The NINETY MILLION BUSHEL WHEAT CROP of this year means \$90,000,000 to the farmers of Western Canada, apart from the results of other grains and cattle.

For advice and information address the SUPER-INTENDENT OF IMMIGRATION, Ottawa, Canada, or any authorized Government Agent.

J. S. CRAWFORD, No. 125 W. Ninth Street, Kansas City, Missouri.

W. N. U., KANSAS CITY, NO. 2, 1907.

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A QUICK, SURE, SAFE AND ALWAYS READY CURE FOR PAIN.—PRICE 15c.—IN COLLAPSIBLE TUBES—AT ALL DRUGGISTS AND DEALERS, OR BY MAIL ON RECEIPT OF 15c. IN POSTAGE STAMPS. DON'T WAIT TILL THE PAIN COMES—KEEP A TUBE HANDY.

A substitute for and superior to mustard or any other plaster, and will not blister the most delicate skin. The pain-allaying and curative qualities of the article are wonderful. It will stop the toothache at once, and relieve Headaches and Sciatica. We recommend it as the best and safest external counter-irritant known, also as an external remedy for pains in the chest and stomach and all Rheumatic, Neuralgic and Gouty complaints. A trial will prove what we claim for it, and it will be found to be invaluable in the household and for children. Once used no family will be without it. Many people say "It is the best of all your preparations." Accept no preparation of Vaseline unless the same carries our label, as otherwise it is not genuine. SEND YOUR ADDRESS AND WE WILL MAIL OUR VASELINE PAMPHLET WHICH WILL INTEREST YOU.

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